

DINNERLY



Middle Eastern Loaded Fries

with Beef, Feta and Parsley



30 minutes



2 Servings

Get a load of these sweet potato fries! Baked until golden, they're topped with harissa-spiced beef and creamy feta – it's comfort food at its best.

WHAT WE SEND

- 2 sweet potatoes
- 1 onion
- parsley
- 5g harissa seasoning ¹⁷
- beef stir-fry
- 50g feta ⁷

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 1 tsp white wine vinegar ¹⁷

TOOLS

- oven tray
- baking paper
- medium frypan

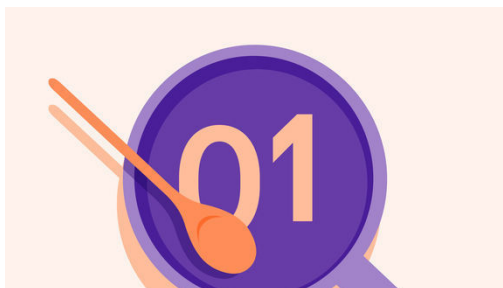
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

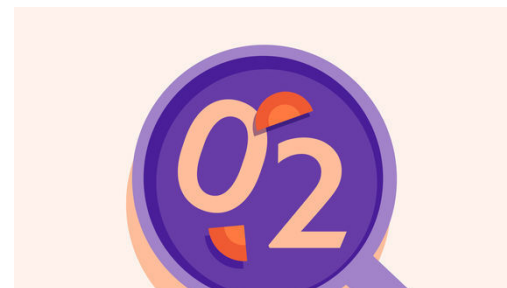
NUTRITION PER SERVING

Energy 555kcal, Fat 23.5g, Carbs 32.2g, Proteins 50.3g



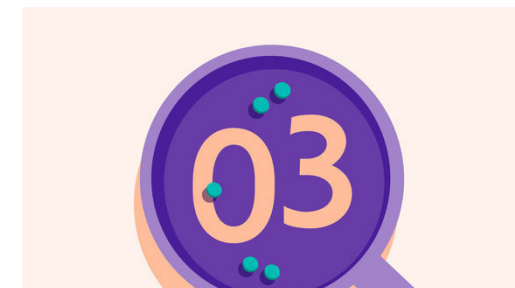
1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **unpeeled sweet potatoes** into 1cm-thick fries. Thinly slice the **onion**. Finely chop the **parsley**, keeping the leaves and stems separate. Crush or finely chop **2 garlic cloves**.



2. Bake fries

Put the **sweet potato**, **half the harissa seasoning** and **1 tbs olive oil** in a bowl. Season with **salt and pepper** and toss to coat. Put on the lined tray. Bake for 25 mins or until golden and tender.



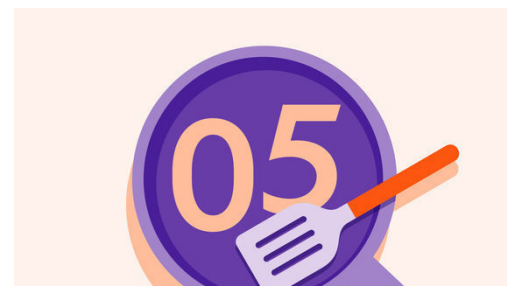
3. Marinate beef

Meanwhile, separate the **beef stir-fry** into a bowl. Add the **onion**, **parsley stems**, **garlic**, **remaining harissa seasoning** and **2 tsp olive oil**, season with **salt and pepper** and toss to coat.



4. Stir-fry beef

Heat a medium frypan over high heat until very hot (see Kitchen 101). Stir-fry the **beef mixture** for 2 mins or until the beef is browned and the onion is tender. Remove from the pan.



5. Serve up

Divide the **fries** among plates. Top with the **beef**, crumble over the **feta** and drizzle over **1 tsp white wine vinegar**. Scatter with the **parsley leaves** and enjoy!



6. Kitchen 101

Ensuring the pan is really hot before adding the beef prevents it from stewing and gives it a nice browned finish.